



## Southern Maryland Wellness Resource Newsletter

**Greetings!** This newsletter supports the health and wellness of *all* older adults. It is curated to highlight resources and events focused on the safety and wellness of older adults. It may be shared with anyone you know that would benefit.

**Thank you for sharing widely!**

### PRINCE GEORGE'S COUNTY COVID-19 TESTING RESOURCES

## When to Take an At-Home COVID-19 Test



- 1** You have symptoms of COVID-19
- 2** You had close contact with someone who has COVID-19
- 3** You will be with someone who is at high risk for severe COVID-19
- 4** You plan to attend an event or gathering

**Learn more about when to take an at-home COVID-19 test and what to do with your results.**

Source: [Public Health Communications Collaborative](#)

### SUBURBAN HOSPITAL VIRTUAL PROGRAMMING

Suburban Hospital continues to offer most of its programs online and hopes that you will participate from the comfort of your home. Virtual programs will use the Zoom platform. **Registration is required for all programs and events unless otherwise noted.** To view the full calendar of events and register for classes, please go to [events.suburbanhospital.org](https://events.suburbanhospital.org).

**If you know someone who would like to join a virtual event but is not connected to the internet, please have them call 301-896-3844 to register.**

Would you like to receive Suburban Hospital's WellWorks events calendar directly to your inbox?

[Click here to subscribe.](#)

## On-Going Programming from Suburban Hospital

### Senior Shape

Tuesdays & Thursdays | 10:30 – 11:15 a.m. | **VIRTUAL** | **FREE**

Mondays & Thursdays | 10-10:45 a.m. | **IN-PERSON** | [Langley Park Senior Activity Center](#) | **FREE**

Thursdays | 11:30 a.m. -12:15 p.m. | **IN-PERSON** | [Gwendolyn Britt Senior Activity Center](#) | **FREE**

Senior Shape is an exercise program for the 55+ population designed to improve and maintain balance, muscle strength, flexibility and cardiovascular strength. Classes are led by certified group fitness instructors and set to music. Modifications, including seated options, are always available. **To register for the virtual class, contact Kate McGrail at [kmcgrail@jhmi.edu](mailto:kmcgrail@jhmi.edu) with your full name and zip code of residence. To register for an in person class, contact the senior activity center directly.**

### Help People with Diabetes to Get the Tools They Need to Live Well and Thrive

Diabetes Self-Management Training (DSMT), an evidence-based program incorporating the needs and goals of people with diabetes into a personalized plan to improve health outcomes, is now available through Suburban Hospital. Please help us spread the word among members of your community. **A referral from a health care provider is required**, and participation may be covered by the participant's insurance plan. **Please contact Suburban's Outpatient Diabetes Services at 301-896-6032 or [CLICK HERE](#) to learn more.**

### Concerned Persons Program

Every Monday | 5:15-6:15 p.m. | **FREE**

Suburban's Outpatient Addiction Treatment Center staff will help friends and family members understand substance abuse disorders, the treatment process, and treatment resources.

[CLICK HERE TO JOIN BY ZOOM](#) | Password: CPP

### Restorative Yoga for Cancer Patients, Survivors & Caregivers

Mat Yoga | Every Monday | 7:30-8:30 p.m. | **FREE**

Chair Yoga | Every Wednesday | 10-11 a.m. | **FREE**

Chair or Mat Yoga | Every Friday | 12-12:45 p.m. | **FREE**

These restorative and gentle yoga classes for people with a history of cancer use mindful movement, balance and breathing techniques to help reduce anxiety, increase bodily awareness and regain strength and mobility. Contact Pam Goetz at [pgoetz4@jh.edu](mailto:pgoetz4@jh.edu) for more information and to register. [CLICK HERE](#) for additional Cancer workshops and classes from Sibley Memorial Hospital.

### Diabetes Thrive 365 - Spanish

3<sup>rd</sup> Wednesday | 6-7 p.m. | **FREE**

Prospera con tu diabetes los 365 días del año con nuestro grupo de apoyo en Español. **Registrate: llame al 301-896-2849**

### Peripheral Neuropathy Support Group

3<sup>rd</sup> Thursday | 7-8 p.m. | **FREE**

Share experiences, information and hope about PN treatments and self-help coping remedies. [REGISTER HERE.](#)

**Nutrition One on One**

Rolling | \$85/hour; \$45/half hour

A registered and licensed dietitian will conduct a thorough health evaluation and create personalized nutrition and exercise strategy to meet your specific health concerns. [To schedule a session, please call 301-896-3615. Phone calls will be returned on Tuesdays & Wednesdays.](#)

## Upcoming Programming from Suburban Hospital

### Week of Monday, May 29

**NEW: Type 1 Peer Support Group**Wednesday, May 31 | 7:30-9 p.m. | **FREE**

Are you living with type 1 diabetes or raising a child with type 1 diabetes? Join JDRF for an informal conversation to share information and connect with others who have similar concerns. [REGISTER HERE.](#)

### Week of Monday, June 5

**NEW: Cancer Survivorship Series: Stronger and Healthier Together**Wednesday, June 7 | 5-6:30 p.m. | **FREE**

If you have a history of cancer and have completed treatment in the past two years, please join us for a free, six-week survivorship series via Zoom that will provide education to aid your recovery and guide you in taking steps to wellness. Registration is required and participants are expected to attend all sessions. [CLICK HERE](#) for full schedule and to register.

### Week of Monday, June 12

**NEW: Be F.A.S.T**Wednesday, June 14 | 1-2 p.m. | **FREE**

When it comes to stroke, timely treatment is of the essence to reduce damage and improve recovery time. Join Dr. Malik Adil as he will discuss prevention, risk factors, signs and symptoms, new developments in stroke treatment and how we are working to enhance patient outcomes. [REGISTER HERE.](#)

### Week of Monday, June 19

**NEW: Better Breather's Club**Tuesday, June 20 | 11 a.m.-Noon | **FREE**

Be part of this patient-centered and community-based club that supports persons with chronic lung disease including COPD, asthma, idiopathic pulmonary fibrosis, and lung cancer. [REGISTER HERE.](#)

**NEW: UTI's in Older Adults: Prevention, Symptoms, and Treatment**Wednesday, June 21 | 1-2 p.m. | **FREE**

Urinary tract infections, or UTIs, are a common health problem that affects millions of people each year, especially older adults. While UTIs can cause mild problems for young adults, they can have more severe consequences in seniors. UTI symptoms may include frequent urination, pain or burning when passing, altered mental status, fever, and nausea or vomiting. While these infections may be easily diagnosed,

their treatment may not always include antibiotics. During this webinar panel, we will hear about prevention, diagnosis, and treatment of UTIs from members of the Hospital Epidemiology and Infection Control Team at Suburban Hospital. This event is brought to you in partnership with Little Falls Village and in cooperation with Friendship Heights Neighbors Network. [REGISTER HERE](#).

**NEW: Keep Your Eye on the Prize**

Thursday, June 22 | 1-1:30 p.m. | **FREE**

Dr. Mona Kaleem, ophthalmologist from the Wilmer Eye Institute, will discuss glaucoma and its effect on eye health. She will detail how it is diagnosed, prevented and how to treat it. [REGISTER HERE](#)

**Week of Monday, June 26**

**NEW: Dine, Learn & Move: Alzheimer's Alerts: 10 Warning Signs of Alzheimer's Disease**

Wednesday, June 28 | 6 - 7:30 p.m. | **FREE**

Alzheimer's disease (AD) is the most common form of dementia – a continuous decline in thinking, behavioral and social skills that affect a person's ability to function independently. To celebrate World Alzheimer's Month, we welcome a guest from the Alzheimer's Association to bring awareness of signs of AD. We'll also fight the disease by moving our body and participating in a live cooking demonstration featuring the Mediterranean diet – another tool to fight AD. Registration is free but required by sending an email to [wellnessInfo@co.pg.md.us](mailto:wellnessInfo@co.pg.md.us).

**WASHINGTON METRO OASIS VIRTUAL PROGRAMMING**

Washington Metro Oasis, a partner of Suburban Hospital, is pleased to offer many of its classes in a virtual format. **Browse the full catalogue and register at <https://washington-metro.oasisnet.org/>** **Membership is required but is FREE to join.** If you have any questions or need assistance in registering for a class please contact [washingtonmetro@oasisnet.org](mailto:washingtonmetro@oasisnet.org) or **240-800-3745** with questions. You also can drop by the Oasis Center in the Macy's Home Store at [Westfield Montgomery](#) mall, Monday through Thursday from 10 a.m.–4 p.m.

**Upcoming Programming from Oasis**

**Week of Monday, May 29**

**NEW: Memory Cafe Support Group**

Friday, June 2 | 11 a.m.-Noon. | **FREE**

Are you or a loved one experiencing issues with memory loss or other cognitive impairment? Do you have trouble with your daily activities? Join us for a fun and social way for you to meet and spend time with others experiencing a similar journey. You are not alone. [REGISTER HERE](#).

**Week of Monday, June 6**

**NEW: Caregivers Support Group**

Wednesday, June 7 & 21 | 11 a.m.-Noon. | **FREE**

Even when caring for a loved one is an act of love, it still takes many new skills and a great deal of energy. It also raises a lot of questions. Our Caregiver Series offers a place to learn from the experiences of others and to encourage those who are in similar circumstances. The sessions will be facilitated by compassionate professionals. Some sessions will spotlight expert guest speakers on a variety of topics to support you in your caregiving journey. Most sessions will allow time for questions and group discussion. This group is strictly for those who are in a caregiver role. This series is sponsored by Family and Nursing Care. [REGISTER HERE.](#)

### Week of Monday, June 12

**NEW: The Impacts of Hearing Loss on the Aging Process**

Monday, June 12 | 3-4 p.m. | **FREE**

Join Dr. Dinkes, to learn how chronic diseases such as hypertension, arthritis, kidney disease, falls, diabetes, depression, high cholesterol, heart failure, and Alzheimer's disease affects hearing abilities. What an audiologist is and the work they do, hearing aid candidates, styles, and options available today. [REGISTER HERE.](#)

## PROGRAMMING & RESOURCES FROM OUR PARTNERS

**NEW: Fun, Fresh Summer Smoothie & Cooking Demonstration**

**FREE | IN-PERSON** – locations below

Join Maryland-National Park and Planning Commission, Department of Parks and Recreation Prince George's County for fun fresh summer cooking demonstrations that are sure to keep you healthy and cool this summer! Learn how to prepare simple, easy, and tasty treats for you and your family to enjoy. You will be able to taste samples and take home new recipes! Registration required. All ages welcome.

**Protein-Packed Smoothies**

Saturday, June 3 | 10-11 a.m.

Southern Regional Technology and Recreation Complex | 7007 Bock Road, Fort Washington

[REGISTER HERE](#)

**Satisfyingly Sweet & Healthy Desserts**

Wednesday, June 14 | 6:30-7:30 p.m.

Largo/Kettering/Perrywood Community Center | 431 Watkins Park Drive, Upper Marlboro

[REGISTER HERE](#)

**Superfood Smoothies**

Wednesday, July 12 | 6:30-7:30 p.m.

Rollingcrest-Chillum Community Center | 6120 Sargent Road, Chillum

[REGISTER HERE](#)

**Mango Bean Brown Rick Bowl & Fruit Yogurt Parfait**

Wednesday, July 26 | 1-2 p.m.

Camp Springs Senior Activity Center | 6420 Allentown Road, Camp Springs

[REGISTER HERE](#)

**NEW: Diabetes Self-Management Program**Tuesdays | June 8 – July 13 | 4-6:30 p.m. | **FREE**

If you have been diagnosed with Type 2 diabetes, you don't want to miss out on enrolling in the Living Well: Diabetes Self-Management Virtual Program with the Prince George's County Health Department. Family members and caregivers are also encouraged to register. To learn more about the program, register for our information session which will be held virtually on Thursday, June 1st at 4:00 pm. [CLICK HERE TO REGISTER FOR THE VIRTUAL INFO SESSION.](#)

**NEW: Elderly Property Tax Credit for Prince George's County**

This new credit, effective July 1, 2023, will provide up to a 20% credit of the County property taxes, inclusive of any Homeowners and Homestead Tax Credit, for up to 5 years. Applications will be made available in Spring 2023. **To be eligible, you must meet the following criteria:** 1. Age 65 and over, AND 2. Own and reside at property for which credit is sought for at least the previous 10 years, AND 3. The assessed value does not exceed \$500,000 at the time of application, AND 4. The application is made by October 1 of the fiscal year the credit is sought. [CLICK HERE TO ACCESS APPLICATION](#)

**NEW: Fields 4 Valor Farm Share Sign-Up**

Our mission and main program is to provide fresh fruit and vegetables, grown locally and sustainably, to food insecure veteran families residing in metropolitan Washington D.C, Prince George's County, and Montgomery County, Maryland. Our goal is to grow and deliver enough produce, supplemented with various other products when possible, to positively impact the health, nutrition, and food budget of the veterans and veteran families we serve. Our Farm Shares start in May and consist of eggs and mixed vegetables (salads, greens, carrots, beets, cucumber, tomato, eggplant, peppers, herbs, etc.). Our goal is to provide you a weekly delivery of fresh produce that meets the recommended intake for a healthy diet. Shares will run until the Saturday before Thanksgiving. [CLICK HERE TO COMPLETE THE FORM.](#) **FOR VETERANS ONLY.**

**NEW: Yoga in the Parks**

Join Maryland-National Park and Planning Commission, Department of Parks and Recreation Prince George's County for **FREE** classes in the beautiful outdoors! Sessions run May 30 through September 2. Learn basic moves to strengthen your body, increase flexibility, and free your mind. No classes on federal holidays. Ages 13 & up. Classes may be cancelled due to inclement weather or wet grounds. Call 301-927-0822 for weather-related cancellations. For more information and to register for upcoming events, please [click here](#).

**NEW: Fitness in the Parks**

Fitness in the Parks is a **FREE** program from Maryland-National Park and Planning Commission, Department of Parks and Recreation Prince George's County that brings a variety of fitness opportunities to parks and natural areas across Prince George's County! Sessions run April 10 through September 8. Ages 13 & up. No classes on federal holidays. Classes may be cancelled due to inclement weather or wet grounds. Call 301-927-0822 for weather-related cancellations. For more information and to register for upcoming events, please [click here](#).

**NEW: Walk with Ease**

Walking benefits your mind, mood, and overall health. Join Maryland-National Park and Planning Commission, Department of Parks and Recreation Prince George's County for our hybrid Walk With Ease Program. If you can be on your feet for 10 minutes without increased pain, you can have success with



Walk With Ease. No classes on federal holidays. Ages 18 & up. **Resident \$10; Non-Resident \$13.** For more information and to register at multiple location options, please [click here](#).

### Pro Bono Counseling

Pro Bono Counseling (PBC) is a non-profit 501(c)(3) corporation founded with the goal of connecting uninsured and under-insured low-income Marylanders with compassionate and qualified mental health professionals who provide care on a volunteer basis at no cost. At Pro Bono Counseling, our priority is to provide the mental health support that suits you best. We do that by prioritizing making the **right** match. If you live in Maryland and have problems affording the right care, reach out to us to see how we can help. Call us now at **(410) 825-1001** for a **confidential phone interview**. Phones are answered Monday through Friday, 8:00 a.m. to 4:00 p.m. **If you need immediate help, please call or text 9-8-8 or chat at [988Lifeline.org](https://www.988lifeline.org) to reach the National Suicide Prevention Lifeline.** To learn more about PBC, [CLICK HERE](#).

### How Older Adults Can Get Started With Exercise

Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age. If you want to get started with exercise, start slow and consider talking to a doctor about the exercises and activities that are best for you. A few questions you might ask are:

- Do I have any health conditions that might affect my ability to exercise?
- Are there any exercises or activities I should avoid?
- Is my preventive care up to date?

Learn more about [getting started with exercise](#)

### Safe Driving Tips National Institute on Aging at NIH

While many older adults value the independence of driving, changes that happen with age may alter a person's ability to drive safely. Changes in health, including medical conditions or injuries, may also affect a person's driving skills. However, there are steps you can take to help stay safe on the road:

- **Take care of your eyes and ears.** Always wear your glasses or contact lenses if you need them to see clearly. If you use hearing aids, be sure to wear them while driving. Get your vision and hearing checked regularly.
- **Avoid driving at certain times of day.** If you have trouble seeing in the dark, cut back on or stop driving at night. Try to avoid driving during sunrise and sunset, when the sun can be directly in your line of vision.
- **Talk with your doctor.** If you have any concerns about your health and driving, see your doctor. Don't risk hurting yourself or others.

Explore more [safe driving tips for older adults](#). This information is also available in [Spanish](#).

### HOW CAN STRENGTH TRAINING BUILD HEALTHIER BODIES AS WE AGE?

Good news! You don't have to bench press 300 pounds or run a marathon to show off the benefits of strength training. Researchers from the National Institutes of Health (NIA) have been studying the effects of strength training for more than 40 years and have identified multiple ways it can benefit older

adults, including maintaining muscle mass, improving mobility, and increasing the healthy years of life. [Learn more](#) about these findings from NIA-supported researchers, along with their tips for maintaining strength or becoming stronger as we age.

### 10 MYTHS ABOUT AGING

Many people make assumptions about aging, what it is like to grow “old”, and how older age will affect them. But as we are getting older, it is important to understand the positive aspects of aging. Research at the National Institutes for Health has shown that you can help preserve your health and mobility as you age by adopting or continuing healthy habits and lifestyle choices. [Read on](#) to learn about 10 common misconceptions related to aging and older adults.

### Prince George’s County Community Food Programs

[CLICK HERE](#) for a comprehensive list of county food pantries, updated every Friday.

*If you don’t have Google as a browser, copy and paste this link:*

[https://docs.google.com/document/d/1SIKk4gr\\_FvWNWx5FXGVt1I0b-eYlq825z\\_n0gS7clrE/edit](https://docs.google.com/document/d/1SIKk4gr_FvWNWx5FXGVt1I0b-eYlq825z_n0gS7clrE/edit)

### Healthy Living Resources from Giant Food

[CLICK HERE](#) to be directed to the Classes and Events page. All offerings are **FREE**.



### Our Free Services Include:

- Online Personalized Consultations
- **Online Nutrition Classes**
- **Workplace Wellness Programs**
- Community Wellness Events
- *Healthy Living by Giant* podcast. Available on your favorite podcast app or [here](#).
- **Healthy Living by Giant Facebook Group**
- Para obtener información sobre nuestros servicios en español contactenos al [nutricion@giantfood.com](mailto:nutricion@giantfood.com)

### Free Durable Medical Equipment (On-going)



**Maryland Durable Medical Equipment Re-Use**

## Give or Receive the Gift of Mobility

Donate or Receive Durable Medical Equipment

**DONATIONS NEEDED:**  
Wheelchairs, Power Chairs, Rollators, Scooters, Walkers, Shower Supports, Crutches, Hospital Beds, "Hoyer" Lifts, Medical Reclining Chairs, Tub Transfer Benches, & Much More!

**DONATIONS WILL BE:**

- Sanitized
- Repaired
- **Redistributed** to adults and children with mobility needs

**LEARN MORE**

DME.MDOA@maryland.gov  
240-230-8000  
aging.maryland.gov

Maryland DEPARTMENT OF AGING

## GRIEF & SUPPORT GROUPS

1. [Caring Matters](#) – a variety of grief and support groups, also offered in Spanish
2. [Prince George's Hospice](#) – review the "Services" page for a list of support groups offered, including in Spanish
3. [Caring Bridge](#) - a free, non-profit online space that brings family and friends together during any type of health event
4. **NEW:** [Roberta's House of Prince George's County](#) - Children, adults, and families who experience loss are able to transform their despair to hope, and become healthy and ultimately create safer communities.

*Forward. For all of us.*

*Together, we're moving health care forward.*

**Suburban Hospital Community Health & Wellness**

